

## EGGS OVER KALE AND SWEET POTATO GRITS

A modern twist on a Southern classic, this baked breakfast dish features eggs and grits with sweet potatoes and kale.

Preparation time: 45 minutes

Serves: 4

## **INGREDIENTS:**

- 1 large sweet potato (orange flesh)
- · 2 cups fresh kale, chopped
- 1 tbsp vegetable oil, divided
- 1½ cups water
- 1 cup non-fat milk
- 3/4 cup grits, quick cooking
- ¼ tsp salt
- 4 eggs

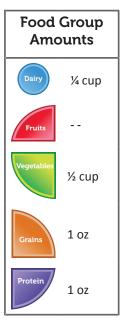
## **DIRECTIONS:**

- 1. Preheat oven to 350 °F
- Coat 4 individual soufflé dishes with 1 tsp vegetable oil.
- Make 3-4 slits in sweet potatoes; cook in microwave until just soft.
   When cool enough to handle, peel, cut into chunks, and puree in food processor.
- 4. Heat remaining vegetable oil in sauce pan, and sauté kale about 5 minutes.
- 5. In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale.
- 6. Divide grits mixture evenly among 4 soufflé dishes (or place all in casserole dish). Make 4 depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

## **Serving Suggestions:**

Serve with an 8 oz glass of 100% grapefruit juice (regular, not pink).





Nutritic Serving Size (225 Servings Per Cont	g)	cts
Amount Per Serving		
Calories 280	Calories fror	n Fat 80
	% D	aily Value*
Total Fat 9g		14%
Saturated Fat 2	g	10%
Trans Fat 0g		
Cholesterol 185n	ng	62%
Sodium 410mg		17%
Total Carbohydra	ite 38g	13%
Dietary Fiber 4g 16		16%
Sugars 7g	,	
Protein 12g		
r rotom -zg		
Vitamin A 280%	<ul> <li>Vitamin (</li> </ul>	C 40%
Calcium 15%	<ul> <li>Iron 15%</li> </ul>	,
*Percent Daily Values ar diet. Your daily values m depending on your calor Calori	ay be higher or ie needs:	
Total Fat Less t Saturated Fat Less t Cholesterol Less t Sodium Less t Total Carbohydrate Dietary Fiber Calories per gram:	han 65g han 20g han 300mg	80g 25g 300mg 2,400mg 375g 30g

Recipe Submitted by Produce For Better Health Foundation



